



Sweets for the sweet, and um...

New Horizon Program Manager Calvin Griffith blows the whistle on the wiener mobile!

Wienermobile Visits SWVTC

By Calvin Griffith

If you just happened to be working the morning of July 10th, you were able to experience a rare treat, as the nationally known "Wienermobile" visited SWVTC!! This Oscar Mayer icon was in the area due to the Galax Barbeque competition, and was stationed at the Quality Inn on Tuesday, July 8. Thanks to the efforts of Jim and Nancy Spicer, we contacted the current drivers of the Wienermobile, Tara Oslick and Ben Kopish. Tara and Ben both graduated from college this spring, and were two of six teams that won a fierce competition to be "hot-doggers" for a year, driving one of six Wienermobiles all around the country. Tara is from Texas, and Ben hails from Wisconsin, not far from the Oscar Mayer headquarters in Madison. They were assigned to the East Coast for the first six months of their tour.

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Of Special Concern...

By Carmela Roberts

Perry Nester, new Trades Utility Senior Worker in the Buildings and Grounds Department, was involved in a car accident Thursday, July 24, and had to be air lifted to the Baptist Hospital in Winston. His injuries consist of a broken collar bone, wrist, and pelvis. His spleen had to be removed and he's on a ventilator in the intensive care unit at Baptist Hospital, in Winston-Salem, NC.

The Buildings and Grounds Department will have a card for anyone who would like to come by and sign or give a monetary donation to help on expenses.

Please keep Perry and his family in your prayers.

Following Nester's car accident, the ADA office sent out the following reminder to employees, "SWVTC Instruction 310 states: 'When necessary to enter Highway 58 from SWVTC for the purpose of traveling east towards Hillsville, drivers of state-owned vehicles will use State Road 759 (the road past Carrollwood Recreation Center). At no time will drivers enter Highway 58 directly from State Road 707 other than to make a right turn towards Galax.'

We would also strongly encourage you to follow the above when operating your personal vehicle. The interchange at Carrollwood is a lot easier to cross with good sight distances either direction. Thanks."

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Money Follows the Person

By Dale Woods, Ed. D., Director

You may have heard recently about Virginia's Money Follows the Person grant. We at SWVTC are still learning the details of the grant but we do know that this new program will provide enhanced community residential options for persons with intellectual disabilities in our region and throughout the Commonwealth. A new position has been created at SWVTC to help persons understand the grant and how they can pursue community based residential opportunities if they are interested.

Susan "Susie" Spraker (see article at right) will serve as our Money Follows the Person liaison beginning July 25th. Susie and our Social Workers will be working with the interdisciplinary teams to help identify persons living at SWVTC who might be candidates for the Money Follows the Person program.



SWVTC Welcomes Community Liaison

Susie Spraker joined SWVTC as Community Liaison on July 25.

Susie is from Arlington, VA and graduated from Emory and Henry College. She has three daughters and four granddaughters, one just born June 25th in Fairfax County. Susie was married just this month to Tom Spraker from Dublin, VA and they plan to live in Pulaski.

Susie has been a long time advocate for persons with mental disabilities having served at Central Virginia Training Center and in various other case management positions during her career. Additional experience includes specialized foster care, case management with Katrina survivors and hospice families. Susie also began a representative payee program in Lynchburg prior to working at CVTC utilizing trained volunteers and working with SSA, CSB and DSS.

Susie is excited about joining the SWVTC team and looks forward to meeting and working with everyone. Her office is in Community Services Department of Building 1. She can be reached at extension 267.

New Psychologist Joins SWVTC

By Dennis Shrewsberry

A new psychologist, Dr. Nikia Anderson, joined us on June 10. Dr. Anderson earned her Ph. D. in Clinical Psychology from Union Institute and University, and also holds a M. S. degree in Addictions Counseling from the University of Cincinnati. She is from Cleveland, Ohio, and now resides in Galax.

She has a website, www.nikiaanderson.com, where you can learn more about her and her work, including articles she has written and audio CDs she has recorded. She also plans to publish a book she has authored in the near future.

Her office is located on Building 10 and she can be reached by e-mail or by phone at extension 240.

Fourth of July Freedom Parade

By Deborah Lowe, Administrative Assistant

"The parade gives SWVTC the opportunity to integrate with the community..."

On Monday, June 30, 2008, the parade committee, led by Guida Poe under the auspices of the Volunteer Services Committee, presented the SWVTC Fourth of July Freedom Parade.

The parade gives SWVTC the opportunity to integrate with the community as local civic organizations, schools, businesses, and individuals join with SWVTC staff to make the parade a success.



Staff and volunteers join together to make the parade a success.



Raymond and David Wade proudly ride in SWVTC work program's golf cart.



Retiring Volunteer Services Director Petti Cash is honored as the Parade's Grand Marshal.

"Uncle Sam" is Dr. Dale Woods, SWVTC Director, and behind him is Chief of Program Support Services, Larry Smith.



Continued from Page 1...

Ben and Tara were more than happy to set up a visit to SWVTC the morning of July 10. Arriving at 10:00 a.m., they toured around the Center, making stops at buildings 3 and 12, and three areas along cottage row, before settling at the gymnasium parking lot. They were greeted at each stop with wild enthusiasm from everyone, residents and staff alike. Anyone that wished was allowed to go inside the Wienermobile, try out the plush red and orange bucket seats, step into the strip of mustard that runs down the aisle, take pictures, and ask questions of Ben and Tara. Ben and Tara passed along lots of information regarding the history of the Wienermobile. For instance; did you know that the Wienermobile dates back to 1936, and that the first one was made of solid steel? Of course, the highlight of every stop was the singing of the "Oscar Mayer Wiener Song"!! Anyone singing this song (and some that didn't, thanks to Ben and Tara's generosity!) were treated to a gift of a Wienerwhistle, a toy replica of the Wienermobile that doubles as a whistle. There was even a little bit of dancing going on (I guess it could be called dancing...). Ben and Tara commented that their reception at SWVTC was one of the greatest they had received anywhere, and they were extremely impressed with the work we do here and the many smiling faces they encountered. In fact, we are pursuing having the Wienermobile return to SWVTC to participate in our next Christmas parade. Both Ben and Tara expressed a great desire to do this if at all possible. Keep your fingers crossed that this can be worked out. If it is, you need to make plans now to be here, as it is a remarkably enjoyable experience!!

Sarah Beth exits the Wienermobile after her tour. ▶



◀ *Travis gets a hi-five from Tara.*



◀ *Tara and Ben drive the Wienermobile for the summer.*



Group from SWVTC Visits VA Tech Memorial Site

By Joyce Vaughn

On July 11, SWVTC staff members Janet Crowder, Heather Hill, Denise Jessup and Joyce Vaughn enjoyed a day out with 5B residents: Cathy B., Hope B., Angela G., Nancy H., Kim J., Stacy O., Kayla R., and Cathy S. The group visited the memorial site at Virginia Tech and had lunch at Fazoli's. Janet, alumni of VA Tech, served as guide and took the group on a tour of the VA Tech campus.

SWVTC Welcomes Return of Social Worker

B. J. Sharp has been hired as the new social worker for the Cumberland Mountain catchment area which includes the counties of Buchanan, Russell and Tazewell. B. J. formerly worked for SWVTC as a social worker from 1994 until 2004. She returns after working in the home health and hospice field for the past 4 years. B. J. lives in the Hillsville area with her husband Mike and two children, Michaela, age 9, and Ryan, age 2. She is excited to be back at SWVTC and looks forward to meeting the residents and families she will be serving.



SWVTC Work Program News

By Bryant Neff

- June 21 – At the Red Cross Volunteer Banquet, residents from 8B were honored for their volunteer work. During the past year, they have helped clean, helped with wrapping silverware for benefits, and helped with bulk mailings.
- June 13, 14 – Residents from 6A and 8B sold crafts, dog bones, and t-shirts during the Leaf and String Festival in Galax.
- July 11, 12 – Residents from 8B, 6D, and Building 12 sold their crafts during the BBQ festival in downtown Galax; 6A made dog cookies in the shape of pigs to go along with the theme of the festival.
- Cottage 8C is currently recycling cell phones and ink jet printer cartridges. If anyone would like to donate, there is a container in Building 1. There are also drop-off points at the Government Center in Hillsville and at Wytheville Community College.
- Cottage 6C will be making tie-dye sweatshirts and matching socks for the upcoming winter as a cottage based business.
- Vocational department is working on potato chips for dogs. We want to thank everyone that volunteered their vegetable slicers for us to use. The potato chips are all natural, are made from dehydrated sweet potatoes, and are a good source of vitamins.
- Building 12 is currently making birdhouses, which they have on display at Mountain Meadow Farm and Craft Market in Meadows of Dan.



L-R: Mark Wells, Teresa Montgomery, Olga Jewell, Wayne Edmonds

SWVTC Camp 2008

By Olga Jewell

The Recreation Department held its Camp 2008 last week, with Teresa Montgomery in charge of organizing it.

We had over 90 residents that enjoyed arts & crafts, singing, horseback riding and hay rides, not to mention the cookout with everyone's favorite – hotdogs and hamburgers. The weather was great except for one afternoon rain, when we moved to the gym and carried on.

We would like to thank everyone who helped make this year a huge success. Buildings and grounds did an outstanding job with mowing and weed eating, putting up the tarps, and bringing the tables and chairs down. Special thanks go to SWVTC food service department for doing such a great job packing all the food up for us, to Garfield and Friends for the music, to Wayne Marshall for bringing his horse Three Stockings for the residents to ride, and to Greg Delp for the loan of the wagon and grill.

Camp could not happen each year without the hard work of the staff that helps. Thank you all so much!



CommonHealth



CommonHealth is going Green!



In order to save some trees, CommonHealth will not be printing the Compass for State employees. They were printing almost 100,000 copies of the multi-page Compass and in a survey many AC's mentioned having trouble distributing them. I will print some and have on the wall outside of Human Resources. I also will send them via email. Also, Weekly Wellness emails will begin on July 1st – you may find them on the CommonHealth website.

Enjoy Eating!

Most of us love to eat, but do we really pay attention when we do it? How many of us eat quickly or while we watch TV, read or work at our desks? This quarter's program doesn't focus on *WHAT* we eat, but *HOW* we eat. Program participants will be encouraged to sit down, chew slowly and take some time to eat. All too many of us are shoveling food on our forks for the next bite before we've finished the one in our mouths! 'Shoveling' makes us eat more and – guess what – put on pounds. Enjoying eating will help stop unintended weight gain. Join us for this quarter's program to learn how to *Enjoy Eating!*

Incentive – Insulated lunch bag

Program date and time – TBA

JMH BLOOD DRIVE



Thursday, August 21, 2008

10 a.m. till 3 p.m.

JMH also is the main provider of blood in Smyth, Carroll, and Grayson counties – serving Twin County Regional Hospital and Smyth County Community Hospital.

Check out the new Website at

www.commonhealth.virginia.gov

– also located on SWVTC Intranet homepage

Regional Coordinator

SWVTC is pleased to announce that Suzanne Meador is our new Regional Coordinator for CommonHealth. She has been with CommonHealth for 18 month and accepted one of the positions with the state. Her area will be counties reaching from Lee County in the far west, moving east to include Bland, Wythe, and Carroll, and of course all counties in between.

Quit For Life

CommonHealth's **Quit for Life** program is provided at no cost to employees, spouses and dependents over age 18 who are eligible to participate in the state health benefits program. Check out the CommonHealth website, then call 1-866-784-8454 to enroll.

WEIGHT WATCHERS

Thursdays at 5:15

at SWVTC

in Classroom # 1

You still have time to join!



Future Moms

Expecting? One of the best things you can do for yourself and your baby is to enroll in Future Moms. This prenatal program is available at no cost to you, your spouse or your eligible dependents covered in a state health benefits plan. Future Moms is designed to help women have healthy pregnancies and to reduce the chances of premature birth. Enroll within the first three months of pregnancy to get the most out of the program. Just call 1-800-828-5891, and look what you'll receive.



» Unlimited access to a registered nurse with expertise in prenatal and postnatal care. Call any time, day or night.

» A prenatal package with pregnancy and childcare information.

» Postpartum support and guidance in areas like breastfeeding and depression.

Keeping Up with Coworkers ...

THANKS!

Opal Alley thanks everyone for the calls, cards, and concerns expressed during her husband Roger's recent recovery from his serious hand accident.

Tom Stout, Housekeeping

The **Physical Management Team**, along with **New Horizon**, thanks everyone who helped with the **Freedom Parade**, held on June 30.

Guida Poe, Physical Management Aide
Calvin Griffith, Program Manager, New Horizon

Comings and Goings...

Housekeeping Department welcomes new hires **Kevin Farmer**, Buffer; **Deborah Durnil**, Housekeeper; and **Robert Showalter**, Buffer.

Tom Stout, Housekeeping

Goodbye and best wishes to **David Felts** and **Laura Kemp**; and to **Valerie Lineberry** who has transferred to Connections. New Horizon warmly welcomes **Carrie Carpenter-Goad** and **Laura Hudson**.

Calvin Griffith, New Horizon

Pathways bids goodbye and good luck to **Donnie Martin**.

Tina Rector, Pathways

Goodbye and best wishes to **Dawn Carico**. Dawn accepted a position with Mount Rogers.

Cathy Travis, Infirmary

Buildings and Grounds welcomes **Perry Nester** as an additional Trades Utility Senior Worker.

Becky Hawkins, Buildings and Grounds

I am pleased to announce that **Eddie Alford** has accepted the Active Treatment Therapist position, beginning July 16. We are very pleased to have Eddie back at SWVTC. I am also pleased to announce that **Corey Williams** has accepted the Recreation Therapist position and will start on August 1.

Dale Ross, Habilitative Services

Food Service Department welcomes new staff person, **Sandra Flores**.

Rebecca Stone, Food Service

Welcome to **Valerie Lineberry** on 6A, second shift.

Patricia Williams, Connections

Congratulations!

Congratulations to **Crystal Walthers** on the birth of daughter, **Cara Peyton**, born June 19, and weighed 7 lbs., 11 oz.

Calvin Griffith, New Horizon

Congratulations to **Don Newberry** on the birth of his granddaughter, **Alana Abigail-Lynn Newberry**, 7 lbs., 2 oz., 20 inches long. Proud parents are Private Justin and Katrina Newberry.

Reida Jennings, Connections

5C has two new grandmothers! **Lynn Flores** welcomed her granddaughter, **Alana Abigail-Lynn Newberry**, on June 27, and **Caryn Dauch** welcomed **Carsen Trevor**, her 4 lb., 15 oz. grandson on June 26.

Tina Rector, Pathways

Congratulations to Lenny and **Nancy Shupe** on the birth of a son on July 6. Payton Allen arrived weighing 8 lbs., 3 oz., and was 20 inches long.

Congratulations to **Joe Shaffer** who was promoted to Full-Time staff.

Rebecca Stone, Food Service

Congratulations to **Veronica Leonard** who married **Darell Waller** on July 19. The couple honeymooned in Jamaica.

Racheal Riffey, Connections, 6D

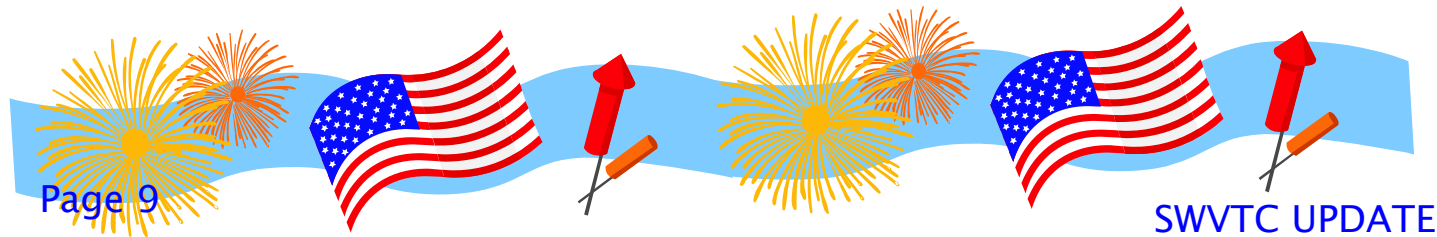
Congratulations to **Kelly** and **Trish Williams** and family on the recent birth of two new family members. Kelly became a grandpa on April 9 when daughter Nikki had a boy, Joshua Eli. Trish became a nana June 27 when her son Shane and girlfriend Christal had a boy, Colton Spencer.

Patricia Williams, Connections

Illness

Get well thoughts and prayers to **Mickey Anders** and **Perry Nester**.

Becky Hawkins, Buildings and Grounds



Keeping Up with Coworkers ... (cont'd)

Welcome back to **Rita Reeves**, **Wanda Semones**, and **Joey Blackburn**. They have been out on extended sick leave.

Cathy Travis, Infirmary

Pathways 5C will miss **Harold Cox** and wishes him a speedy recovery.

Tina Rector, Pathways

Good luck to **Debbie Harris** on her upcoming surgery.

Tina Rector, Pathways

Sympathy

Our sincere sympathy goes to **Don Leonard** whose father passed away and to **Mary Jones** on the loss of her mother

Reida Jennings, Connections

Our condolences to **Edith Whitaker, LPN**, and **Mary Jones, DSP**, whose mother passed away on July 16. You're in our thoughts and prayers.

Geneva Parker, Head Nurse

New Horizon expresses sympathy to **Carla Norman** in the passing of her mother, and to **Theresa Goad** in the passing of her father.

Vacations

Tammy Mabe enjoyed a vacation visiting her brother who recently moved to NEW YORK CITY; and **Matilde Melo** recently enjoyed a trip to Peru to visit family.

Patricia Williams, Connections

Graduates (late news)

Leisa Sutphin, daughter of **Hal** and Lydia **Sutphin**, graduated from Galax High School on May 23, 2008. She was among the top ten students of her class and secretary of the GHS National Honor Society. She was also a member of the varsity volleyball team and various other clubs. She received the Pamplin Leader Award scholarship from Virginia Tech, which is presented annually to a top student from each public

high school in Virginia. She will attend VA Tech's College of Science this fall and plans to major in chemistry.

Heather Hylton, daughter of **Carlton** and Darlene **Horton**, graduated from Wytheville Community College on May 9, with an Associate of Arts and Sciences Degree with a major in Education.

Kimberly Bolt, daughter of **Becky Hawkins**, graduated from Wytheville Community College on May 9, with an Associate of Applied Science in Administrative Support Technology.

Becky Hawkins, Buildings and Grounds

Congratulations to **Ruthann Brown** whose son graduated from high school in Bedford County. Way to go!

Patricia Williams, Connections, 6A

Congratulations to Weight Watcher's participants who have lost a total to date of 467.4 pounds!!!!



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